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U. S. Department of Agriculture

Housekeepers' Chat Monday, July 1, 1929

Not for publication

Subject: "Canning Corn and Tomatoes." Information from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Canning Fruits and Vegetables at Home."

--ooOoo--

There are a number of important questions to answer today, before the menu is broadcast.

The first question is from a young housewife who wants a reliable method for canning sweet corn at home. She expects to have quite a surplus of corn this year, from her own garden.

I'll give you directions for canning corn. Only a few months now until January. Planning winter meals will be a relatively simple matter if there are plenty of vegetables on hand. I'm not saying that a dish of canned corn is "just as good" as an ear of fresh corn, but this vegetable can be put up so that the sweet garden flavor lingers.

Corn is rather difficult to can successfully, because it is starchy, and sweet, instead of sour. But it can be done. It's all in knowing how to kill off the invisible bacteria that cause spoilage. Heat, lots of it, and at a point far above that of boiling water, is needed to destroy these bacteria.

Use the steam-pressure canner. Corn is one of the non-acid vegetables, which should be processed at a temperature higher than boiling, and this is possible only under steam pressure. Now, if you'd like to have a reliable method for canning corn, please take your pencils. Everybody ready?

(Read slowly or repeat)

Corn, for canning, should be gathered about 17 to 25 days after silking, the exact time depending upon variety and season. Shuck, silk, and clean the corn carefully. Cut it from the cob, without cooking. Add half as much boiling water as corn, by weight. Heat to boiling. Add 1 teaspoon of salt, and 2 teaspoons of sugar to each quart. Fill boiling hot into containers. Process immediately, at 15 pounds pressure, or 250 degrees Fahrenheit. Process the quart jars for 80 minutes, the pint glass jars for 75 minutes, and No. 2 tin cans for 70 minutes. Corn should not be canned in No. 3 tin cans, because heat cannot readily penetrate the corn in these large cans.

The next question is about canning tomatoes. There's one fact about tomatoes that has always appealed to me-- the acid in tomatoes makes them the easiest of all vegetables to can at home. Like fruits, tomatoes can be processed at the temperature of boiling water, while corn and beans and so forth have to be processed at temperatures higher than boiling water.

I don't mean to say that tomatoes can be put up just "any old way." The housewife must watch every step so that her product will be fine-flavored and wholesome. Now, if you like, you may take notes on canning tomatoes.

(Read slowly, or repeat):

Select firm, ripe tomatoes, of medium size, and uniform shape. Do not use tomatoes which are too ripe, or tomatoes which are spotted or decayed. Put the tomatoes in trays, or shallow layers, in wire baskets. I hope you have a wire basket; it saves a good many burns around canning time. Dip the basket containing the tomatoes into boiling water, and plunge quickly into cold water for an instant. Drain at once and core and peel promptly. Pack the tomatoes into jars or cans, as closely as possible. Fill the cans with a thick sauce or with the juice of other tomatoes. Season with 1 teaspoon of salt per quart. Process the quart and pint glass jars for 45 minutes, in boiling water. Process No. 2 and No. 3 tin cans for 35 minutes.

That's all the information on canning I'll give you today. If there is anything more you want to know about canning, write to me and I'll send you the booklet on canning, written by Dr. Louise Stanley, Chief of the Bureau of Home Economics.

Next question: "Will you please broadcast a recipe for stuffed tomato salad?"

There are a number of recipes for stuffed tomato salad. In fact, fresh tomatoes can be filled with almost any left-over meat or vegetables. If you want definite ingredients, I'll tell you how to make a rather hearty salad, which might serve as the main dish for a Sunday night supper.

Select large ripe tomatoes, one for each person. Peel the tomatoes, cut a round piece from the stem end and remove enough of the pulp to leave a hollow cup. Season inside with salt and turn the tomatoes upside down to drain. Then place them in the ice box, until ready to serve. Stuff with a filling made of chopped meat such as chicken, veal, or tongue; cooked peas, a few pickles or fresh cucumber chopped fine; and salad dressing. Mix the ingredients thoroughly, so the flavors will be well blended. Serve on lettuce leaves, or on a bed of shredded lettuce.

Another good tomato salad, which does not take quite so long to prepare, is made of ripe tomatoes and cottage cheese. Arrange three slices of tomato on a bed of lettuce leaves. In the center make a mound of cottage cheese, which has been mixed with cream, salt, and pepper. Serve with mayonnaise or cooked salad dressing.

For dinner today, we are featuring a popular member of the Soufflé family. If there's anything I especially like in the summer time, it's a good Soufflé.

The heartier Souffle's, like Ham, Cheese, and Chicken, are satisfying enough for the main course, and the sweet Soufflés, like Chocolate and Peach, are nice for dessert.

Soufflés provide one of the most attractive ways to fix up left-overs. The chicken, or ham left over from Sunday dinner can appear on Monday in a tasty Soufflé and no one will recognize it as a left-over. There's one important thing to remember about soufflés -- they should be cooked in a very moderate oven and served immediately.

Here's the menu for today: Ham Soufflé; Fried Tomatoes; New Zealand spinach; and Peaches and Cream. Sounds good to me.

You will need nine ingredients for the Ham Soufflé:

2 cups scalded milk
2 tablespoons butter
2 tablespoons flour
3 eggs
1/8 teaspoon pepper
1/2 cup dry bread crumbs
2 cups finely ground cooked ham
1 tablespoon chopped parsley, and
Salt to taste

The nine ingredients, again, for Ham Soufflé: (Repeat)

Prepare a cream sauce of the flour, butter, and milk. Separate the egg yolks and whites and beat each well. Mix the bread crumbs, the yolks of the eggs, and the ham with the cream sauce. Add the pepper, salt and parsley. Fold in the beaten whites of eggs and turn into a greased baking dish. Bake for about 35 minutes at a medium temperature. Serve from the dish.

Next, we want the recipe for Fried Tomatoes. Six ingredients, for Fried Tomatoes.

5 or 6 firm red tomatoes
1 egg beaten slightly
1 tablespoon cold water
1 tablespoon chopped parsley
Pepper, and
Finely sifted bread crumbs

I'll repeat the six ingredients, for Fried Tomatoes: (Repeat)

Wash the tomatoes and remove a thin piece from the stem end. Cut the tomatoes into slices about 1/2 inch thick, and dip them into the egg and water mixture. Roll carefully in the bread crumbs which have been seasoned to taste with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Heat any desired sweet-flavored fat in a heavy skillet, place the coated tomatoes carefully in the hot fat, brown on one side and then turn carefully. Reduce the temperature so that the tomatoes will have sufficient time to cook before browning. Remove carefully from the skillet and put on a hot platter. Garnish with chopped parsley and serve.

To repeat the menu: Ham Soufflé; Fried Tomatoes; New Zealand Spinach; and Peaches and Cream.

Wednesday: "A Fourth of July Dinner."

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